



Fort Carson-MEDDAC News

Getting Recommended Vaccinations: A Healthy and Smart Move

By: Maj. David Nee, Preventive Medicine

Making plans for the summer season can be an exciting time. A conversation at home or in your mind may go something like this:

"Sunscreen? Check! Camera? Check! Vaccinations? What?!? I didn't know that I needed any!"

Up dating recommended and required vaccinations is a healthy start to the summer season. If you plan to travel, it's important to get the necessary vaccines to protect you on your journey. However, even if you are tied to home this summer, it's smart to visit your immunization clinic now for a number of reasons.

This is a great time of year to avoid the crowds! The clinics are less busy in the early summer than when school physicals are underway. In addition, if follow-on vaccinations are necessary for children, you can minimize interruption during the school year by completing the immunizations before school starts in the fall.

Floyd Edwards, Primary Care registered nurse, offers practical advice, "Bring in a copy of your child's immunization record from home or school as the computer record might not be complete. And, call the clinic to find out the best time to walk in for immunizations -- the end of the day is not the best time."

Getting vaccinated now also means getting your protection earlier. It takes two weeks for most vaccinations to provide immunity.

"It is amazing the change in the way we practice medicine in the last 15-20 years because of the success of a couple of the newer vaccines. The introduction of strep pneumo and hemophilus influenza type B vaccines has decreased the number of kids with meningitis to such an extent that some newer pediatricians might never see a case!" said Lt. Col. Julie Tullberg, chief of EACH Pediatric Services. "It is a testimony to the importance of vaccines in the prevention of devastating diseases in kids."

Finally, there are newly recommended vaccinations that people may not know they need. Summer is a good time to become educated and get them. A good example is the recommendation for the pertussis-protecting Tdap vaccination. Also known as whooping cough, pertussis has made a resurgence in some states. The shot has only been available since 2005 and many adults and teens don't realize they need booster shots to help protect the babies in their lives.



Col. Stephen Ford, chief of EACH Pharmacy, summarized his feelings on the value of vaccinations for children when he said, "Love them, protect them, immunize them!"

For the latest vaccination recommendations:

<http://www.cdc.gov/vaccines/recs/schedules/default.htm>

Colorado Vaccination requirements:

<http://www.cdphe.state.co.us/dc/immunization/>

Where you can receive vaccinations (call if details are not provided):

Evans Hospital Adult Immunization Clinic

719- 524-4217

- Monday & Wednesday, 7:45 - 11:30 a.m. and 1 to 3:30 p.m.
- Friday 7:45 - 11:30 a.m.
- Tuesday & Thursday closed to Walk-In Allergy Shots & Vaccinations
- Closed for lunch from noon to 1 p.m.

Pediatric Immunizations

719- 526-7860

Monday through Friday, 8 a.m. to 4 p.m.

TB skin testing on Mon, Tue, Wed & Fri only.

Premier Army Health clinic

719-524-7601 / 719-524-7629

Ironhorse Family Medicine Clinic (formerly Warrior Family Medicine Clinic)

719-526-9277

Robinson Family Medicine Clinic

719-526-7764

Monday through Friday 7:30 -11:30 a.m. and 12:30 to 3 p.m.

Closed on the 4th Wednesday of the Month for training 1200-1600.

Evans Army Community Hospital Preventive Medicine Travel Medicine clinic

For non-official travel outside of North America

719-526-2939 / 7152